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a body portion;

a substantially planar head portion having a first surface integrally attached to one end of said body portion, said head portion having a substantially smooth second surface intersecting said first surface;

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a passageway extending through said body portion and said head portion;

a retainer on an exterior surface of said body portion; and

at least two installation holes in said second surface of said head portion.

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10. (Twice amended) An apparatus for supporting a cable comprising:

a conical body portion;

a low profile substantially planar head portion having a first surface integrally attached to said body portion, said head portion having a substantially smooth second surface intersecting said first surface;

a passageway extending through said head portion and said body portion;

a spiral thread formed on an exterior surface of said body portion; and

a pair of holes in said second surface of said head portion.

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15. (Twice amended) A method of installing a cable through a structure, said method comprising:

providing a bushing having a body portion having threads thereon and a distal end and a proximal end with a substantially planar head portion integrally attached thereto, the head portion having a low profile and a substantially smooth exterior surface with at least two

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cavities therein, the bushing further having a passageway extending through the body portion and the head portion;

providing a hole in the structure sized to receive the body portion of the bushing;

inserting the distal end of the bushing into the hole in the structure;

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inserting engagement protrusions into the cavities in the head portion of the bushing and simultaneously applying a rotational force to the engagement protrusions to cause the bushing to be screwed into the hole in the structure;

removing the engagement protrusions from the cavities after the bushing has been screwed into the hole in the structure such that a rear surface of the head portion contacts the structure; and

inserting a cable into the passageway.

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19. (Twice amended) A method of supporting a cable extending through a hole in a structure, said method comprising:

providing a bushing having a body portion having threads thereon and a distal end and a proximal end having a substantially planar head portion integrally attached thereto, the head portion having a low profile and a substantially smooth exterior surface with at least two cavities therein, the bushing further having a passageway extending through the body portion and the head portion;

inserting the cable through the passageway in the bushing;

inserting the distal end of the body portion into the hole in the structure;

inserting engagement protrusions into the cavities in the head portion of the bushing and simultaneously applying a rotational force to the engagement protrusions to cause the